

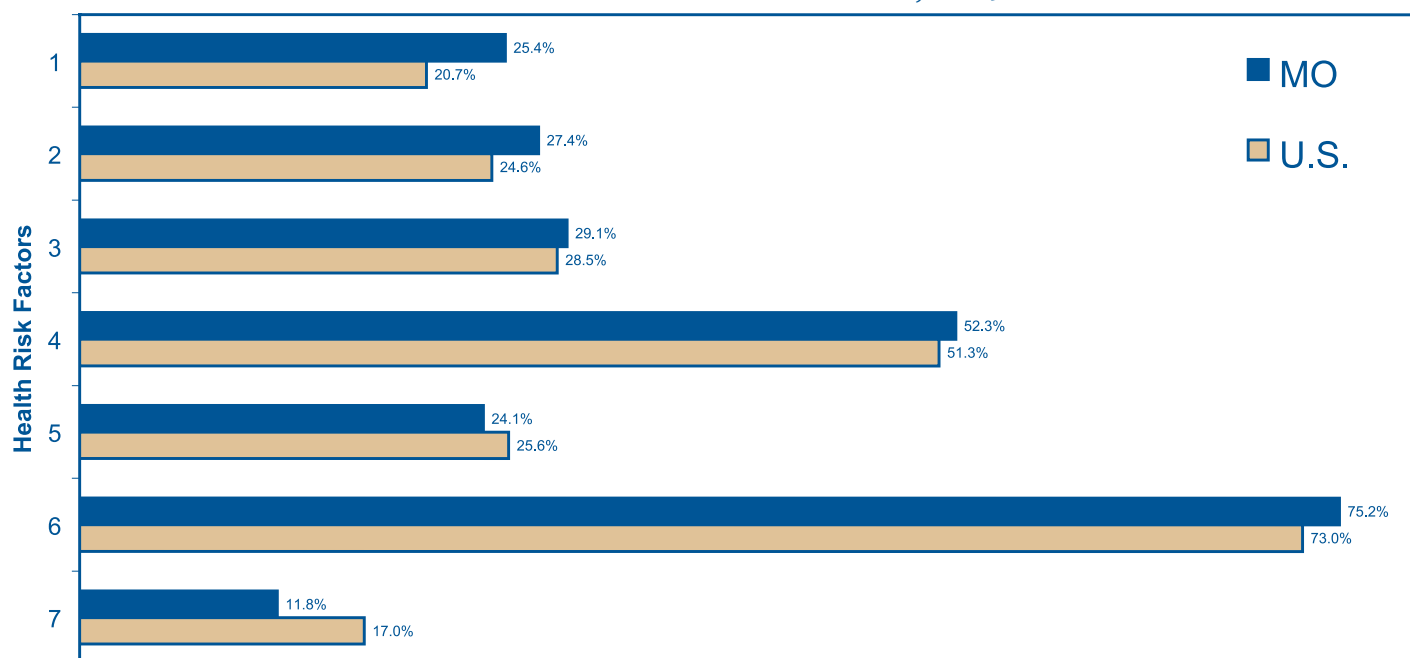


WOMEN'S HEALTH



Health Risk Factors for Women 18-64

MISSOURI VS. UNITED STATES DATA, 2005*



HEALTH RISK FACTORS:

1. Prevalence (%) of current **smoking** (respondents who have ever smoked 100 cigarettes in their lifetime and reported smoking every day or some days) by race among female adults (18-64 years).
2. Prevalence (%) of **obesity** (Body Mass Index (BMI) 30.0 or more) by race among female adults (18-64 years).
3. Prevalence (%) of **overweight** (Body Mass Index (BMI) between 25.0 and 29.9) by race among female adults (18-64 years).
4. Percentage **not meeting the recommended guidelines for moderate physical activity** (at least 30 minutes of moderate physical activity 5 or more days per week) by race among female adults (18-64).
5. Percentage with **no leisure-time physical activity in past 30 days** by race among female adults (18-64 years).
6. Prevalence (%) of **low fruit and vegetable consumption** (Consume less than 5 servings per day) by race among female adults (18-64 years).
7. Prevalence (%) of **lack of health care coverage** by race among female adults (18-64 years).

Health Risk Factors for Women 18-64

1. SMOKING

In Missouri, **25.4 %** of women reported smoking every day or some days. This figure is **25.3%** for only white women, and **23.6%** for only black women.

In the U.S., **20.7%** of women reported smoking every day or some days. This figure is **22.0%** for only white women, and **18.7%** for only black women.

2. OBESITY

In Missouri, **27.4%** of women are obese (defined as having a Body Mass Index of 30.0 or more). This figure is **27.1%** for only white women, and **32.4%** for only black women.

In the U.S., **24.6%** of women are obese (defined as having a Body Mass Index of 30.0 or more). This figure is **23.0%** for only white women, and **37.7%** for only black women.

3. OVERWEIGHT

In Missouri, **29.1%** of women are overweight (defined as having a Body Mass Index between 25.0 and 29.9). This figure is **27.7%** for only white women, and **40.2%** for only black women.

In the U.S., **28.5%** of women are overweight (defined as having a Body Mass Index between 25.0 and 29.9). This figure is **27.9%** for only white women, and **32.3%** for only black women.

4. INADEQUATE MODERATE EXERCISE

In Missouri, **52.3%** of women do not meet the recommended guidelines for moderate physical activity (defined as at least 30 minutes of moderate physical activity 5 or more days per week). This figure is **51.8%** for only white women, and **55.3%** for only black women.

In the U.S., **51.3%** of women do not meet the recommended guidelines for moderate physical activity (defined as at least 30 minutes of moderate physical activity 5 or more days per week). This figure is **49.3%** for only white women, and **61.6%** for only black women.

5. INADEQUATE LEISURE-TIME EXERCISE

In Missouri, **24.1%** of women have had no leisure-time physical activity within the past thirty-day period. This figure is **22.2%** for only white women, and **28.0%** for only black women.

In the U.S., **25.6%** of women have had no leisure-time physical activity within the past thirty-day period. This figure is **23.0%** for only white women, and **35.4%** for only black women.

6. INADEQUATE FRUIT AND VEGETABLE CONSUMPTION

In Missouri, **75.2%** of women do not meet the required fruit and vegetable consumption guidelines (at least five servings per day). This figure is **75.3%** for only white women, and **76.7%** for only black women.

In the U.S., **73.0%** of women do not meet the required fruit and vegetable consumption guidelines (at least five servings per day). This figure is **72.7%** for only white women, and **74.6%** for only black women.

7. LACK OF HEALTH CARE COVERAGE

In Missouri, **11.8%** of women do not have any sort of health care coverage. This figure is **11.1%** for only white women, and **15.0%** for only black women.

In the U.S., **17.0%** of women do not have any sort of health care coverage. This figure is **14.8%** for only white women, and **19.7%** for only black women.

The Office on Women's Health developed this visual data sheet to compare Missouri to the United States on seven health risk factors facing adult women, ages 18-64. Recognition is given to Lucia Luan who gathered the 2005 data and Rachel Gordon who assisted with the formatting, both interns in the Office on Women's Health and students at the University of Missouri-Columbia.

*Source for Missouri Data: Missouri Department of Health and Senior Services, *Missouri Behavioral Risk Factor Surveillance System (BRFSS)*, 2005

*Source for U.S. Data: Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005.

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